

2019 Colonial Heights

COLONIALS



Youth Football & Cheerleader Registration



Ages: Boys & Girls 5-13 (as of 7/31/19)

Registration will be accepted Monday thru Friday, 8am to 5pm, May 6 thru July 12 at the Recreation Department office. Instructional Flag football begins in early September and CQL Flag/Tackle football begins the 1st week in August.

Age Divisions:

Instructional Flag ages 4-5

CQL Flag ages 6-7

CQL Minor ages 8-9

CQL Junior ages 10-11

CQL Senior ages 12-13

Fees: \$20.00 per child



Preseason Conditioning (non contact)

Tuesdays at 6:30pm

Weather permitting at the Middle School Practice Field

Contact Coach Brandt at 804-931-5419

Register online at www.colonialheightsva.gov, by phone at 804-520-9390, or in person at the Colonial Heights Recreation & Parks Department; Shepherd Stadium, 901 Meridian Ave.

The fee for anyone registering after July 12 is \$30. Players registering after July 12 are also subject to being placed on a waiting list. Children MUST be Colonial Heights Residents and eligible for enrollment in the Colonial Heights School System.